

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listing, of claims in the application:

**Listing of Claims:**

1. (Currently amended) A dumbbell, dumbbell clamp and cable assembly for use with fitness apparatus comprising:

a dumbbell clamp comprising two spaced-apart side portions connected to one another and each side portion comprising a notch, and a slot intersecting said notch disposed on said at least one of said two spaced-apart side portions;

a dumbbell comprising a grip disposed in said notch of said two spaced-apart side portions;

a locking means comprising a locking bar slidably disposed within said slot disposed on at least one of said two spaced-apart side portions for locking said grip of said dumbbell in said notch; and

a cable assembly comprising a first end connected to a support assembly of said fitness apparatus and a second end connected to said clamp.

2. (Cancelled)

3. (Currently amended) The dumbbell, dumbbell clamp and cable assembly of claim 2 1 comprising a biasing means for biasing said locking bar toward said notch.

4. (Currently amended) The dumbbell, dumbbell clamp and cable of claim 3 comprising a grip sensor disposed on a cross member between said two spaced-apart side portions.

5. (Previously presented) A dumbbell and clamp for use with a fitness apparatus comprising:

a dumbbell having a grip;

a clamp comprising a dumbbell attachment means for attaching said grip of said dumbbell to said clamp; and

a grip sensor attached to said clamp and disposed adjacent to said grip of said dumbbell when said dumbbell is attached to said clamp wherein grasping of said grip of said dumbbell actuates said grip sensor.

6. (Previously presented) The dumbbell and clamp for use with fitness apparatus of claim 5 wherein said dumbbell attachment means comprises a grip notch in said clamp to retain said grip of said dumbbell.

7. (Currently amended) A dumbbell and clamp for use with fitness apparatus comprising:

a dumbbell having a grip;

a clamp comprising two spaced-apart side portions, each of said two spaced-apart side portions comprising a grip notch retaining said grip of said dumbbell; and

a cable attachment element disposed on said clamp;

wherein said grip notch comprises a first end open to an outside edge of said side portion and a second end comprising dimensions for retaining said grip of said dumbbell and said second end of said grip notch of each of said two spaced-apart plates is disposed lower than said first end of said grip notch when said cable attachment element is spaced vertically above said second end of said grip notch.

8. (Cancelled)

9. (Currently amended) The dumbbell and clamp of claim 8 7 comprising a releasable lock disposed on said each of said two spaced-apart side portions for locking said grip in said grip notch.

10. (Previously presented) The dumbbell and clamp of claim 9 wherein said releasable lock comprises a lock bar slidably engageable with said grip notch of said each of said two spaced-apart side portions.

11. (Previously presented) The dumbbell and clamp of claim 7 comprising a grip sensor disposed on said clamp and disposed adjacent to said grip of said dumbbell when said dumbbell is attached to said clamp wherein grasping of said grip of said dumbbell actuates said grip sensor.

12. (Previously presented) The dumbbell and clamp of claim 11 comprising a releasable electrical connector for operably connecting said grip sensor to an engagement element of said fitness apparatus.